



Year 5 Camp

Monday 11th September– Wednesday 13th September 2023

Dear Parents/Guardians,

We are happy to inform you that our Year 5 camp to Berry Sport and Recreation Centre has been confirmed for Monday 11th to Wednesday 13th September which is in Week 9 of this term.

Students will be participating in outdoor recreation programs focusing on team building and personal skill acquisition. They will experience programs within a unique Australian environment by highly trained instructors. Programs are delivered through a sequential approach where 'challenge by choice' allows students to safely go beyond their comfort zones at a pace that feels right for them. Examples of activities include:

- Raft building
- Canoeing
- Challenge activities
- Archery
- Rogaining (similar to orienteering)
- Paint Skirmish
- Dark Maze

Students will travel by coach to the Berry. The cost of the excursion has been charged to your school account. This will cover all costs except morning tea on the first day (students will be required to bring this with them). The permission note and payment is online. Please ensure that you have filled this out by the end of Week 7, as previously communicated, so we can finalise who is attending and organise groups. Also, please fill in the attached documents regarding your child's medical, dietary requirements and permission to participate in aquatic activities information for our records and return it to the classroom teacher no later than **Monday 4th September (Week 8)**.

Students will be required to be at school on Monday 11th September at 7:00am.

Buses will depart at 7:30am sharp.

We will arrive back at school at approximately 4:30pm on Wednesday 13th September.

We will notify you via the MVPS school app should this change.

Covid Safety measures.

There will be a number of safety measures and responsibilities put in place by the school, the provider (Berry Sport and Recreation Centre) and parents and carers for anyone who develops symptoms while on camp. This will include temporary isolation and transport arrangements. Students who have shared a bedroom or cabin will be monitored closely. These may be adjusted closer to the time, depending on current health advice.

Camp Requirements

Please ensure that all items are **labelled** with your **child's name**. All items should be packed in **ONE** overnight bag/suitcase. Pillow and sleeping bags should be packed inside the same bag. Students will be required to wheel/carry their own possessions and pack them for our return.

Children should bring a day pack on the bus which should include their recess, hat, water bottle, sunscreen and any games/activities they would like to use on the bus. All personal items and equipment are the responsibility of each child.

What to bring:

- **Small backpack containing recess for the first day**
- Water bottle
- Bottom fitted sheet
- Sleeping bag
- Pillow
- 2 x bath towels (as it will be hard to dry wet towels)
- Plastic bag for wet and/or dirty clothes
- Toiletries - toothbrush, toothpaste, tissues, soap, insect repellent (no aerosols)
- Lip balm or paw-paw
- Pyjamas
- Raincoat
- Flash light/torch
- 2 pairs of covered comfortable shoes e.g. sneakers (one pair may become muddy in the activities- thongs will only be permitted in the shower area)
- 3 or 4 changes of clothes including underwear, socks and a hat
- Neat, casual warm clothing (extra layers to take off for the coach is recommended as Mogo and Berry can be very cold)
- Long pants
- Warm jacket/coat, jumper and tracksuit pants
- **If needed, medication in a resealable bag clearly labelled with dosage required and times given (to be handed to class teachers before Monday 11th September). Please ensure that your child has enough medication for the duration of their stay.**

Please note: Do not bring mobile phones, smart watches or devices. Mobile phones/smart watches are not needed as emergencies will be dealt with by the supervising staff. As part of self-management, all necessary calls are made via the class teacher and class parents.

Please do not pack lollies or confectionery for your child.

It is important for students to maintain an acceptable standard of behaviour at school and on excursions. Students who have been displaying inappropriate behaviour at school may lose their invitation to attend the camp. If students behave in an unsafe or inappropriate way whilst on camp, we may require you to collect them early.

Thank you for your cooperation, please do not hesitate to contact us. We are looking forward to sharing a wonderful experience with all the children.

Kind regards

Sam O'Kane
Year 5 Assistant Principal

Vanessa Polito
Rel. Principal

**PLEASE RETURN THE MEDICAL AND DIETARY INFORMATION
CONSENT AND MEDICAL INFORMATION
(To be returned to class teacher ASAP)**

Student Details

(Please complete in BLOCK LETTERS)

FIRST NAME _____ SURNAME _____

ADDRESS _____

AGE _____ DATE OF BIRTH _____

PARENT/GUARDIAN NAME IN FULL

TELEPHONE (H) _____ (B) _____ (MOBILE) _____

EMERGENCY CONTACT PERSON (In case parent / guardian cannot be contacted)

PERSON 1 _____ PHONE _____

PERSON 2 _____ PHONE _____

Medical Information

- A. Any child coming on the excursion with a medical problem should bring a letter from his/her doctor regarding detailed treatment of the condition.
- B. Medication brought to camp should have the child's name, dosage and dosage times clearly marked and be handed to a member of staff upon arrival at the camp. **It should be clearly prescribed by a doctor.**
- C. A copy of any special diet should now be forwarded to the school, prior to the excursion.
- D. The NSW Health Department recommends immunization of children from common childhood diseases such as diphtheria, tetanus, whooping cough, poliomyelitis, measles, mumps and rubella. Although immunization is not compulsory, in the event of an outbreak of an infectious disease it may be necessary to send children who are not immunized home. Camp fees will not be reimbursed in this instance.

PLEASE READ THE FOLLOWING POINTS CAREFULLY AND PROVIDE US WITH ANY RELEVANT INFORMATION ABOUT YOUR CHILD.

* My child has the following special needs:

* List existing medical conditions or illnesses (include asthma, diabetes, epilepsy, allergies etc). Outline the treatment for each.

* Medication(s) to be administered during the excursion. Include name of medication, instructions for administration, time of administration, dosage and any possible reactions.

* Outline special dietary needs including possible health/medical reactions to inappropriate diet. If applicable, please include any religious dietary requirements.

Medical Treatment

In the event of an accident, first aid will be administered to your child and depending on the severity of the injury, parents will be contacted.

Tetanus - date (month/year) of last tetanus injection _____

Panadol - I give/do not give permission to administer Panadol to my child. (please circle)

Structured Aquatic Activities Permission

This camp/excursion will involve structured aquatic activities including raft building and closely supervised swimming at the beach. These activities will take place at Berry Sport and Recreation Camp.

In relation to the proposed structured aquatic activities (please circle response):

My child is **permitted** to go in the water.

My child is **not permitted** to go in the water.

SIGNED: _____

Parent/Carer

Date

My child is (please circle response):

A non-swimmer: My child is unable to swim.

A weak swimmer: My child is comfortable and confident in shallow water but cannot swim very well.

An average swimmer: My child is a reasonable swimmer but is not very strong or confident in deep water.

A strong swimmer: My child is a strong swimmer and is very confident in deep water.

SIGNED: _____

Parent/Carer

Date